## **Outline**

#### **Biological Psychiatry**

Neurotransmitters: The theoretical emotional signaling chemicals of the brain

Limitations of the research and potential risks

#### DSM-5® and Psychotropic Med Use Depression

Antidepressants: How they are thought to

Cyclics

SSRIs

**SNRIs** 

Other common antidepressants – and why they are used

Side effects and risk factors

Herbals and depression

Treatment-resistant depression

#### Improve patient compliance with mental health medications

Limitations of the research and potential risks What you and your clients should know

#### **Bipolar Spectrum**

Medicating Bipolar disorder

Current "gold standard" treatment and side

Anticonvulsant and antipsychotic use in Bipolar disorder

Anticonvulsant side effects

Risks of medication non-compliance

New! Controversial concepts in treating Bipolar

#### The Many Manifestations of Anxiety

Medicating anxiety Benzodiazepines

Non-benzodiazepines

Medications used to treat insomnia

Using anxiolytics safely

Side effects of the anxiolytics

#### Schizophrenia

How antipsychotic medications are thought

Conventional antipsychotics

Second generation agents

Antipsychotic side effects

Relapse and non-compliance

#### Controversy surrounding antidepressants in treating children and adolescents

Antidepressants and suicide in children: The real truth

Medicating anxiety in children

Disruptive mood dysregulation disorder – the new pediatric bipolar disorder?

#### **ADHD Medications –** What's new, what's old. Stimulants, Non-Stimulants, and some surprises!

The evolution of psychostimulants

Alzheimer's medications, treatments, theory and controversy

**What's Next: Newly Approved Mental Health Medications** 

### **Live Seminar & Webcast Schedule**

(Times Listed in Pacific)

8:00 Program begins

There will be two 15-min breaks (mid-morning & mid-afternoon). Actual lunch and break start times are at the discretion of the speaker. A more detailed schedule is available upon request

7:30 Registration/Morning Coffee & Tea

**11:50-1:00** Lunch (on your own)

**4:00** Program ends

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# **Psychopharmacology**

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## **Psychopharmacology**

#### What You Need to Know Today about Psychiatric Medications

#### Most Up-To-Date Psychotropic Medication Info

Demands on mental health professionals to expand their knowledge of psychotropic meds are like never before . . . not only do you need to be on top of the latest developments and what is on the horizon, but you also have to take that information, and use it most effectively for your client.

- \* Improve clients' understanding of their mental illness, and how medication
- \* Identifying treatment concerns with inappropriate, inadequate doses of medication
- \* Tools to help clients manage unpleasant side effects
- \* Strategies to improve client adherence to medications
- \* Depression, bipolar, anxiety, schizophrenia, ADHD -- the latest trends in medication management

## Speaker -

Marwa Azab, Ph.D., teaches for the Psychology and Human Development departments at Cal State University, Long Beach, (CSULB). She currently teaches the psychopharmacology course for graduate students. She has also taught for the Biology department at University of California, Irvine (UCI). Marwa studied psychology for many years and completed a masters in Counseling. She has facilitated many groups such as anger management, stress management, interpersonal communication and many others for patients suffering from a variety of mental disorders. After many years of addressing human behaviors from a psychological perspective, she realized that there were blind spots that needed to be satiated from complementary fields. Thus, she completed a Ph.D. in Biological Sciences with emphasis on Neuroscience. Marwa started life coaching utilizing an interdisciplinary approach that intersects psychology, biology and genetics.

Marwa is a sought after international public speaker who is invited to speak on a variety of interdisciplinary topics, including three TEDx talks. She recently published her first book titled, Anxiety Disorders: New Science on Mind-Body Connections and Healing and blogs for Psychology Today, her blog is called "Neuroscience in Everyday Life". You can connect with her on her Facebook page: www.facebook.com/DrMarwaAzab.

Speaker Disclosure:

Financial: Marwa Azab has an employment relationship with Cal State University, Long Beach. She receives a speaking honorarium

Non-financial: Marwa Azab writes a blog for Psychology Today called "Neuroscience in Everyday Life."

## Objectives \_\_\_\_\_

- · Articulate the clinical uses of the five major psychotropic medication classes antidepressants, mood stabilizers, anti-anxiety agents, antipsychotics and psychostimulants -including their efficacy and their common side effects.
- Implement effective methods to collaborate with patients and prescribers on issues surrounding compliance with medication treatments.
- · Communicate the potential benefits and risks of using psychotropic medication to treat a wide
- · Analyze the actions, therapeutic uses, and side effects of antidepressants in adults and children.
- · Explore psychotropic medication treatment options for clients with Attention Deficit/Hyperactivity
- · Explain current controversies in psychopharmacology, including Alzheimer's medications and newly approved medications for various conditions.

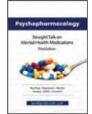
#### **Target Audience**

Counselors • Social Workers • Psychologists • Psychotherapists • Case Managers • Marriage & Family Therapists • Nurses Nurse Practitioners • Clinical Nurse Specialists • Addiction Counselors • Pharmacists • Occupational Therapists Occupational Therapy Assistants • Other Mental Health & Health Care Professionals

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#### **Psychopharmacology**

Straight Talk on Mental Health Medications - 3rd Edition

By Joseph F. Wegmann, R.PH., LCSW

A definitive guide to expand your knowledge in the pharmacological and behavioral treatment of psychosis, anxiety, depression, bipolar, insomnia and ADHD. Updates for the third edition include DSM-5 applications, newly released psychiatric meds, new risk factors with antidepressants, and the latest in geriatric psychopharmacology. (2015)



#### **Opioid Use Disorder**

A Holistic Guide to Assessment, Treatment, and Recovery

By Charles Atkins, MD

Overdoses have lowered the life expectancy in the United States for two years in a row. The leading cause -- opioids. This epidemic has spread through every sector of our country, destroying lives as parents, friends, families, and those entrapped by opioids struggle to find help.

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minutes of pharmacology content which is designed to qualify for 6.0 contact hours toward your pharmacology requirement to receive credit. It is your esponsibility to submit your certificate of successful completion and a copy of the seminar brochure to your licensing board.

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qualifies for 6.0 contact hours or .6 CEUs in the Category of Domain of OT and Occupational Therapy Process, Partial credit will be issued for partial tendance. The assignment of AOTA CEUs does not imply endorse specific course content, products, or clinical procedures by AOTA. Course

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